

## **FINDING PROOF IN THE STRANGEST OF PLACES**

*by Josh Langley*  
*Author*

I'd been suffering from a mild form of a depression for about 4 months, falling into a funk which was very unusual for me. At times I'd find myself feel like crying with a great sadness welling up seemingly from nowhere. Even going to The Monroe Institute Gateway Voyage Programme, which I'd waited years to do even didn't even get me excited, let alone the 3-week holiday that went along with it. I had been hiding the sadness well with not many people knowing except my partner.

In my normal life everything was perfect, perfect place to live, perfect partner who shares the same spiritual path with me, I just had a book published, was about to start a great new higher paying job yet the great sadness and depression was still there. I couldn't feel enthusiastic about anything.

But it was doing the TMI Gateway Voyage Programme that changed that, however not in the way I expected. During the course I was forced into a deep paradox, where while I felt disappointed I didn't find any physical proof of the afterlife, I went deeper into the 'trust and let go' mantra that had been going through my head for the last six years. Trust the images and messages in your mind, as your imagination is just as relevant as using your five physical senses I was told. I had to unlearn everything and trust the guidance. Now that's not an easy thing to do.

So when I came back from the course, I put what I learned into practice. After a week of carefully watching for guidance through dreams, meditation and synchronicity and writing it all down, I noticed I was getting the results I was looking for. It seemed that there in fact was 'something' sending me messages.

However it became very 'real' one morning meditation session. I'd woken up feeling down as usual, yet I decided to tackle the issue once and for all and ask for guidance about the way I was feeling. After the relaxation process I entered Focus 15 and asked the question.

A few images flickered in my mind's eye, but nothing I could latch on to. Then out of the blue the idea came to ask if I had any energy forms attached to me. So I asked the question and I was then in a dark forest and noticed a presence to my left, I felt a white pasty figure with head hung low and I knew this being was an energy form that had been with me for the last 4 months.

I felt him/it and then I said he was no longer needed and told him to leave and at that point the figure changed to small child version of itself and sobbed and sobbed. I could feel this great sadness and hopelessness come from him. The scene continued in my mind's eye where two flashes of light appeared around him and I knew that helpers now were able to 'retrieve' the child and take him to a healing centre.

I asked when he had attached him to me and I got the memory of towards the end of the previous year I'd been desperate to have physical evidence of the afterlife and non-physical reality and I stood in my backyard and yelled to the universe to show me proof. I walked away disappointed, yet that was the exact moment where I had 'invited him in'.

I thanked my guides and the boy for showing something so amazing and was 'told' that over the next couple of days I'd start to feel normal again. Once the session finished, I immediately felt something lift and spent the rest of the day literally on a high. The entire depressive mood and sadness had gone. I now have a deep love and appreciation for the being that caused the energy drain as he was able to give me the proof I needed and wanted.

